



Pentagram

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TOG participates in live-fire exercise at Fort AP Hill



Photos by Spc. Laura Stephens

The 3d U.S. Infantry Regiment, traditionally known as (The Old Guard), is the oldest active-duty infantry unit in the Army, serving the nation since 1784. The Old Guard is the Army’s official ceremonial unit and escort to the president, and it also provides security for Washington, D.C., in time of national emergency or civil disturbance. On July 8, Soldiers assigned to the 3d U.S. Infantry Regiment Commander In Chief’s Guard participate in a live-fire exercise at Fort A.P. Hill, Virginia, while training on the Brown Bess Muskets. The Commander In Chief’s Guard is The Old Guard’s primary colonial and ceremonial unit.



On July 8, Soldiers assigned to the 3d U.S. Infantry Regiment Commander In Chief’s Guard participate in a live-fire exercise at Fort A.P. Hill, Virginia, while training on the Brown Bess Muskets. The Commander In Chief’s Guard is The Old Guard’s primary colonial and ceremonial unit.

U.S. Army Band Downrange to perform at National Museum of the Marine Corps



Photo by Senior Airman Caleb Vance

The U.S. Army Band Downrange will perform Thursday at 7 p.m. at the National Museum of the Marine Corps. The almost 20-year-old ensemble began with the Hope and Freedom Tour, which entertained troops throughout Southwest Asia in 2002. The band entertains military and civilian audiences of all ages with a continuously updated selection of rock, pop, country and R&B music, along with traditional patriotic classics. Guests are encouraged to bring lawn chairs or picnic blankets. Concessions will be available and the museum, Medal of Honor Theater, store and Tun Tavern (last seating at 6:15 p.m.) will remain open until the concerts begin at 7 p.m. Admission and parking are free for all concert performances. Weather permitting, the concert will be held outdoors on the museum’s entry plaza. More details can be found at www.marineheritage.org. The National Museum of the Marine Corps Leatherneck Gallery is located at 18900 Jefferson Davis Highway, Triangle, VA 22134.

Sexual Harassment/Assault Response and Prevention (SHARP)



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Pentagram



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1812 concert to return Aug. 7



Photo courtesy of The Old Guard

The 1812 Overture Concert is back and will take place on the new grounds of National Museum of the United States Army located right outside of Fort Belvoir, Virginia. Save the date Aug. 7 at 8 p.m. Ticket information will be released once it becomes available.

Live concerts are back



Photo courtesy of U.S. Army Band

The U.S. Army Band “Pershing’s Own” live concerts are back. For concert dates and times, visit <https://www.usarmyband.com/calendar>. As always, the concerts are free and open to the public.

Army offers helpful PCS resources

By Fort Leonard Wood Public Affairs Office

The COVID-19 pandemic has put strains on many aspects of normality around the world, and the large numbers of service members completing a permanent-change-of-station move this summer are seeing delays in household goods shipments due to private-sector shortages in labor, equipment and supplies. To alleviate as much of the uncertainty as possible, the Army has tools available and advice to make a PCS more convenient, predictable and user friendly.

The Army PCS Move App — available for download from the Google Play and Apple app stores — offers information on financial management, entitlements, types of moves, planning, scheduling and the claims process. In addition, it provides practical advice, links and interactive functions such as live chat to make the PCS move a low-hassle experience. Additionally, local transportation offices are ready to help. Contact information for the closest transportation office can be found at the official Department of Defense Customer Moving Portal, or by calling the Army PCS Help Desk at (800) 521-9959. Upon receipt of orders, Soldiers should immediately create an account or log on to the Defense Personal Property System, upload

ing a convenient move, receive confirmation of booking a moving company in advance and receive approval to conduct what’s called a personally procured move. A PPM, as they’re commonly called, is designed to provide service members with an alternative to move their household goods on their own. Members may move their personal property themselves, using rental equipment, their own vehicle or by hiring their own commercial carrier. For more information on PPMs, visit <https://move.mil/tutorials/create-a-ppm-shipment>. Since each move has unique needs and requirements, Military One Source offers strategies for smooth moves, relocation assistance and personalized support that can be found on their website. Their 24/7 hotline — (833) 645-6683 — provides customer-support representatives who can offer assistance and answer questions. The Army also released three household goods claims videos, located on the Army PCS Move App, to provide answers to frequently asked questions. Army officials also offered the following tips to make a PCS run as smoothly as possible:

- Soldiers may request their government travel charge card limit be raised to the maximum of \$25,000, to be used for authorized moving expenses.

- Beware of scammers. Use only an approved moving company registered with the federal government. More information can be found at the Federal Motor Carrier Safety Administration website..
 - Soldiers PCSing outside the continental United States are authorized an overseas housing allowance, dislocation allowance and temporary lodging allowance for no more than 60 days. However, extensions may be authorized when certain reasons exist, such as nonarrival of household goods or a delay in the availability of government quarters due to service requirements.
 - Soldiers PCSing inside the continental United States are authorized a basic allowance for housing, dislocation allowance and temporary lodging expense up to 10 days, depending on the location. TLE reimbursement must not exceed \$290 per day.
 - Options exist for Soldiers and Families with no DOD moving company assigned who have a 30-day or less home sale or expiring lease, or a short-notice report date that cannot be extended; or a short-notice DOD moving company cancellation or missed pack and pick up.
 - **Option one:** The government picks up the household goods and places them into an origin storage facility until a DOD moving company can move it forward to the destination with some delays expected.
 - **Option two:** The Soldier conducts a PPM from the residence to a local self-storage facility and receives actual cost reimbursement until the government can schedule a DOD moving company to move it to the destination. An ACR allows reimbursement, which could be significantly higher than normal government contracted rates.
 - **Option three:** The Soldier conducts a full PPM at 100% of what the government would pay a moving company to move all of the household goods from the origin to the destination duty station. This option is not recommended for OCONUS moves.
 - **Option four:** The Soldiers receive an ACR memorandum from the transportation office to hire a commercial moving company with a minimum of two commercial invoice estimates.
- After a shipment is delivered, Soldiers should complete the customer satisfaction survey on the Defense Personal Property System website. The survey results will help keep moving companies accountable by assessing their performance.
- The deadline for claim notification is now 180 days after delivery — up from 120 days — which gives Soldiers, civilians and Families ample time to identify and report lost or damaged goods.
- Though the summer PCS season may feel different this year, the Army is doing what it can to take care of its most valuable asset — its people.



Photo by U.S. Army

The Army PCS Move App — available for download from the Google Play and Apple app stores — offers information on financial management, entitlements, types of moves, planning, scheduling and the claims process.

their orders and complete all shipment applications for the move. The next step is to visit the local transportation office for counseling, which will assist Soldiers, civilians and Families with state-side and overseas moves. By contacting the transportation office quickly, customers will have a better chance of scheduling

- Soldiers and Families PCSing without a GTCC may request a pay advance through their organizational defense travel administrator if they’re planning to conduct a PPM.
- Soldiers should reach out to their gaining installation housing office as soon as they get their PCS orders.



Hylton On The Hill Concerts

The U.S. Army Band Downrange

Join The U.S. Army Band Downrange for a free celebratory concert to kick off the 2021-2022 Hylton Center season. Free tickets required.

Sat / Sep 18 / 4 pm



Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

ACS YouTube channel

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>. and click “Subscribe” and continue to receive resources available whenever.



Warrant Officer Kristina Multani prepares to fly a UH-60 Black Hawk during the 28th rotation of the Kosovo Forces mission, Nov. 6, 2020 at Camp Bondsteel Kosovo.

Photo by Capt. Nadine Wiley De Moura

Fort Myer

U.S. Army Warrant Officer Briefings

The U.S. Army Warrant Officer Recruiting Team will be in your area to conduct briefings on qualification and application procedures to become an Army Warrant Officer.

Briefing Information

Every 2nd & 4th Thursday of the month at 1 p.m. at Fort Myer Education Center Room 110

*Briefings are subject to change, call prior to attending to ensure that the event is still occurring as scheduled.

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Chaplain's Corner

Chasing the wrong golf ball

By Retired Chaplain (Brig. Gen.) Ray Bailey
Former Deputy Chief of Chaplains

Recently I was sent a golfing magazine to tempt me in to subscribing. I do know how to golf but being dedicated in subscribing to a magazine only about golf isn't tempting. Anyway, as I looked through it, I found a short story that piqued my interest.

It seems that professional golfer Tommy Bolt was playing in Los Angeles and had a caddy with a reputation of constant chatter. Before they teed off, Bolt told him, "Don't say a word to me. And if I ask you something, just answer yes or no."

During the round, Bolt found the ball next to a tree, where he had to hit under a branch, over a lake and onto the green. He got down on his knees, looked through the trees and sized up the shot.

"What do you think?" he asked the caddy. "Five-iron?"

"No, Mr. Bolt," the caddy said.

"What do you mean, not a five-iron?" Bolt snorted. "Watch this shot."

The caddy rolled his eyes. "No-o-o, Mr. Bolt."

But Bolt hit it and the ball stopped about 2



Photo by Petty Officer 3rd Class Trey Hutcheson

feet from the hole. He turned to his caddy, handed him the five-iron and said, "Now what do you think about that? You can talk now."

"Mr. Bolt," the caddy said, "that wasn't your ball."

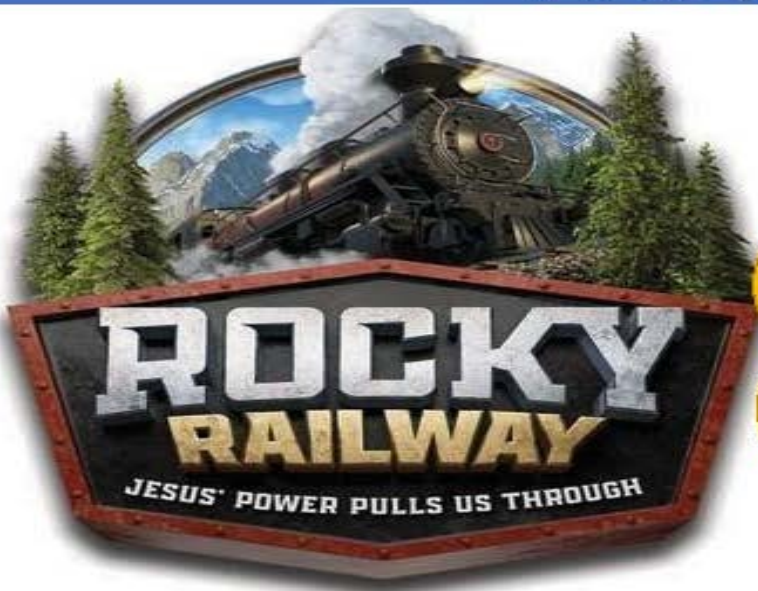
I could just picture Mr. Bolt's face when he heard that! I bet there was some embarrassment felt and a bit of humility.

Too many times, I have chased after things that I thought would bring me happiness and fulfillment, only to find it wasn't my ball I was chasing and hitting. I put all my hopes and dreams in others and things, such as a house or job, only to find I was wrong. Others tried to tell me but I wouldn't listen. I knew better. I know what I want better than anyone, only to find that some others knew what I needed. The voices of parents, close friends or that inner voice of wisdom and spiritual faith spoke as loudly as I would care to listen in warning me. So much time and effort wasted.

I imagine I still tend to chase after the wrong ball. But experience has taught me that there are voices of reason and wisdom wanting to help me that I must listen to. They may be a bit chatty, but it could win the game.



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Sister Michael (703-806-3418) or smary.m.bochnowski.civ@mail.mil



Virginia Guard aviation crews train on rooftop rescue hoists

By Mike Vrabel
Virginia National Guard

Virginia National Guard aviation crews and Chesterfield County Fire and Emergency Medical Services Scuba Rescue Team members trained on rescue hoist operations June 8-10.

The VNG aviators and Chesterfield rescue crews make up the Virginia Helicopter Aquatic Rescue Team, providing rotary-wing rescue hoist capabilities for aerial evacuations. The VNG and Chesterfield County have sharpened their skills for years during quarterly training exercises.

HART practiced confined space rescue hoists from car rooftops and buildings at the Chesterfield Public Safety Training Center during the June training.

On the final day of the exercise, VNG aviators flew their specially outfitted UH-60 Black Hawk over a multistory concrete building used to train Chesterfield firefighters. The team practiced rescue hoists from balconies and parapets, requiring precise placement of a Scuba Rescue Team member to reach a survivor, harness them in, and lift them to safety.

“Periodically, we get the opportunity, when Chesterfield’s training site isn’t being used, to use the tower assembly,” said Chief Warrant Officer 4 Shane Leipertz, one of HART’s pilots and the standardization pilot for the Virginia Army National Guard. “This creates a real dynamic for the crew, with much more of a sense of realism and urgency. The more of that we can do obviously, the more prepared we’re going to be.”

Chesterfield firefighter Justin Bennett, the HART training officer, said working in elevated, confined spaces presents unique challenges.

“We’re using a balcony as a more confined space,” said Bennett. “It’s challenging; it’s something different than an open field. When you start getting into more elevated positions of confined space, it makes it challenging for everybody. It’s challenging for the technicians going down the hoist and for the pilots as far as reference points and hovering goes. But, it’s no problem. We do the same thing whether it’s up high or down low. We do the same process each time.”

The partnership the two organizations have built over 10 years is a solid one, Bennett said.

“It started in 2011 just talking with each other and it developed from that,” Bennett said. “We started out doing hoists with the Lakotas with minimal gear. It started small. Now, it’s just amazing, the crew coordination that take place inside the aircraft. It’s second to none. I know what the crew chief is going to do. He knows what I’m going to do. As



Photos by Mike Vrabel

Virginia National Guard aviation crews and Chesterfield County Fire and Emergency Medical Services Scuba Rescue Team members training on confined-space rescue hoist operations June 10 in Chesterfield County, Virginia. The VNG aviators and Chesterfield first responders from the Virginia Helicopter Aquatic Rescue Team to provide rotary wing aviation hoist capabilities that can conduct aerial rescue evacuation. During their quarterly training, the team practiced rescue hoists from rooftops, balconies and vehicles at Chesterfield’s Public Safety Training Center.

civilians with the fire department, technicians riding with the Guard, it’s amazing how far it’s come.”

Leipertz said that partnership is especially vital in planning for hurricane response.

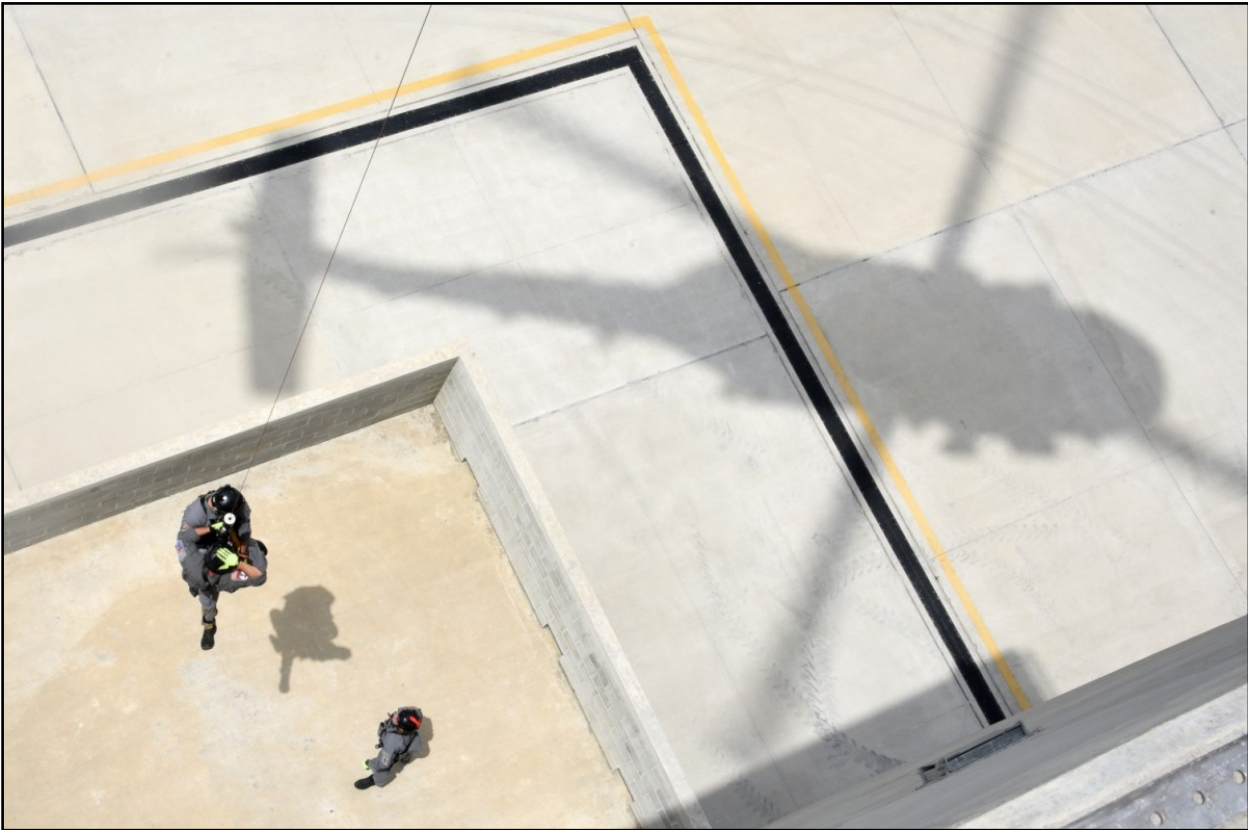
“We’re a coastal state,” said Leipertz.

“We need to pay particular attention to the Hampton Roads areas

in terms of our preparation, and working with our partners around the state and with other states.”

The HART provides a unique capability to support the Virginia Department of Emergency Management during storms and floods, according to Bryan Saunders, the VDEM chief of Search and Rescue Programs.

“The HART program is an amazing addition to Virginia’s response to those impacted by disasters,” said Saunders. “Having these resources within Virginia not



Virginia National Guard aviation crews and Chesterfield County Fire and Emergency Medical Services Scuba Rescue Team members training on confined-space rescue hoist operations June 10 in Chesterfield County, Virginia. The VNG aviators and Chesterfield first responders from the Virginia Helicopter Aquatic Rescue Team to provide rotary wing aviation hoist capabilities that can conduct aerial rescue evacuation.

only gives us a faster response to the disaster but also provides valuable input as to the capabilities of other hoist-type rescue teams as they begin populating the roster in the Air Ops Branch.”

That quick and skilled response capability is important with the onset of hurricane season, which officially began June 1, but Saunders said HART’s capabilities are valuable year-round.

“HART, along with the United States Coast Guard, will provide

some of the first responses to areas impacted by storms,” said Saunders. “Obviously, as roads are not passable, and water rescue teams have not made it their response areas, HART stands a better chance of executing those rescues. As we build the relationship with the VANG, we hope that, in the future, HART will be a deployable asset on blue sky days, to assist in the everyday austere environment rescues that go on throughout Virginia.”

19 military athletes to represent U.S. at Olympics

By David Vergun
DOD News

Seventeen Soldiers, one Marine and one Coast Guardsman have earned spots in the delayed 2020 Olympics in Tokyo. The games, which were postponed last year due to COVID-19, will be held from July 23 to Aug. 8.

Earlier this year, Marine Corps Staff Sgt. John Stefanowicz defeated the country’s top rated 87-kilogram Greco-Roman wrestler to earn a spot in this year’s games.

“Being able to represent the USA on an international level while being in the Marine Corps is the highest honor that I have ever felt,” he said. “It is something that is almost indescribable. I have finally accomplished this mission that has had an insurmountable amount of adversity, that has required years and decades of perseverance.

“This could not be possible without the support I have had from my team and coach. The struggles that we have had to overcome as a team have made us all stronger, and in particular, coach Jason Loukides has helped transform me into the person and Marine that I am today.”

Coast Guard Lt. Nikole “Nikki” Barnes will compete in the Women’s 470-class sailboat category.

“I fell in love with the Coast Guard,” she said. “I am always on the water and the allure of creating a safer environment for fellow boaters was a big intrigue for me. As I have been in the Coast Guard, I have seen even more how this is a tremendous organization of people working hard to make a safer maritime environment.”

Sgt. 1st Class Elizabeth Marks will compete in Paralympic swimming’s 50-meter freestyle, 50-meter butterfly, 200-meter individual medley and 100-meter backstroke.

In 2016, in Rio de Janeiro, she won a gold medal in the Paralympic Games in the 100-meter breaststroke and a bronze in the 100 meter medley.

Marks enlisted in the Army in 2008 as a combat medic. She was injured while serving in Iraq and was sent to Brooke Army Medical Center in Texas for recovery. It was there, she



U.S. Army photo

Staff Sgt. Naomi Graham throws a right to the chin of Briana Che during a USA Nationals bout in December 2018 in Salt Lake City.

said, that she fell in love with swimming, which was used as a form of therapy.

Like most of the Soldier-athletes going to the Olympics, Marks is a member of the Army’s World Class Athlete Program, a program which enables Soldiers with athletic potential to receive professional coaching, while keeping current with Army military occupational specialty and training requirements.

Although Marks said she trained hard to compete and to win, “none of it would have been possible without my brothers and sisters in the military believing in me and pushing me to do so.”

Athletes Headed for Tokyo Army

1st Lt. Amber English – women’s skeet

Staff Sgt. Naomi Graham – women’s boxing, 75 kilogram category

Staff Sgt. Nickolaus Mowrer – 10m air pistol, men; 10m air pistol, mixed team; and 50m rifle, 3 positions.

Staff Sgt. Sandra Uptagrafft – 10m air pistol, women; 10m air pistol, mixed team; and 25m sport pistol.

Sgt. Samantha Schultz

– modern pentathlon

Sgt. Amro Elgeziry – modern pentathlon

Sgt. Ildar Hafizov –

Greco-Roman wrestling, 60 kg category

Spc. Alejandro Sancho

– Greco-Roman wrestling, 67 kg category

Spc. Benard Keter –

3,000-meter steeplechase, track and field

Sgt. Patrick Sunderman

– men’s small-bore rifle

Spc. Sagen Maddalena

– women’s smallbore rifle

Spc. Alison Weisz –

women’s air rifle

Sgt. Philip Jungman

– men’s skeet

1st Lt. Sam Kendricks

- pole vaulting

Sgt. 1st Class Elizabeth Marks

– Paralympic swimming in 50-

meter freestyle, 50-meter butterfly, 200-meter individual medley and 100-meter backstroke

Staff Sgt. John Joss – Paralympic shooting, 50m rifle

Staff Sgt. Kevin Nguyen – Paralympic shooting, 50m rifle

Marine Corps

Staff Sgt. John Stefanowicz – Greco-Roman wrestling, 87 kg category

Coast Guard

Lt. Nikole Barnes – 470-class sailboat category

Brief History of Olympics

The ancient Olympic Games were held every four years in Olympia, Greece, beginning in 776 BC. The games featured running, a pentathlon, boxing, wrestling, pankration and equestrian events. The Olympic Games ended sometime between 393 AD and 426 AD, when the Romans gained power and influence in Greece.

The first modern Olympic Game, under the auspices of the International Olympic Committee, took place in Athens, Greece in 1896.

There were 280 athletes from 13 nations, including the United States, competing in 43 events. The United States took the most gold medals (11), followed by Greece (10) and Germany (six).

Although U.S. military members did not compete in the 1896 games, several who won gold medals later joined the military. Among those were:

John Paine, sport shooter, joined the Army and served during the Spanish-American War.

James Brendan Connolly, triple jump, joined the Army Corps of Engineers and served during the Spanish-American War.

Thomas Burke, 100-meter sprint and 400-meter sprint, served in the Army during World War I.

Thomas Curtis, 110 meter hurdles, served in the Massachusetts National Guard during World War I.

In 1924, the Winter Olympic Games were added. The Paralympics were added in 1948.

Since the 1896 Olympics, many members of the U.S. military have participated in the summer and winter games as well as the Paralympics and many have medaled.



Photo by Maj. Nathaniel Garcia

Sgt. Amro Elgeziry takes aim during the men’s individual run/shoot event at the 2018 Modern Pentathlon World Cup in Los Angeles.

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Photos by Navy Petty Officer 3rd Class Jacob Greenberg

A patient's prosthetic denture and oral cavity are inspected in Naval Medical Center San Diego's dental department six weeks after an immediate jaw replacement surgery Dec. 29, 2020. Surgeons and specialists from several disciplines performed the Defense Department's first ever immediate jaw reconstruction surgery using 3D-printed teeth.

Marine receives DOD's first jaw reconstruction using 3D-printer teeth

By Navy Petty Officer 3rd Class Jacob Greenberg
NAVMECEN

A Marine assigned to Combat Logistics Battalion 7 at Marine Corps Air Ground Combat Center, Twentynine Palms, California, received the Defense Department's first immediate jaw reconstruction surgery using 3D-printed teeth at the Naval Medical Center San Diego.

On Nov. 18, Marine Corps Lance Cpl. Jaden Murry, Combat Logistics Battalion 7, Marine Corps Air Ground Combat Center at Twentynine Palms, California, had nearly all of his lower jaw removed because of a tumor. It was reconstructed with a segment from his fibula, a bone in the lower leg.

"I wasn't too nervous," Murry said. "Even though I hadn't been in a hospital since I was three, I knew I was in good hands. I had to put all of my faith and hopes in the hands of strangers. I had to trust them all."

Navy Lt. Justin Odette, one of the medical center's oral and maxillofacial surgery chief residents, and Navy Lt. Cmdr. Daniel Hammer, a maxillofacial surgical oncologist and reconstructive surgeon, were members of the multi-department team of surgical specialists who performed the procedure on Murry.

"All of the providers worked as a team to keep his recovery on track," Hammer said. "We were able to safely remove his tracheostomy tube within a week of the surgery, and it was then we knew he was making strides in the right direction."

The tube is placed in a hole in the patient's neck to use for breathing when there's concern about the patient's airway in the post-operative period.

Murry said the doctors kept his family informed throughout the planning and operation itself.

"My mother called Dr. Odette with ques-



Marine Corps Lance Cpl. Jaden Murry, assigned to Combat Logistics Battalion 7 at Marine Corps Air Ground Combat Center, Twentynine Palms, California, looks in the mirror at an acrylic dental prosthesis used to reconstruct his jaw at Naval Medical Center San Diego June 11.

tions I wouldn't have thought to ask, and my grandfather assured me everything was going to be alright," Murry said. "He calmed me down and put my mind at ease. Dr. Odette and Dr. Hammer have been very good at passing information to me and my family."

As Murry continued to heal after the surgery, the doctors tested his healing process with his new lower jaw.

"To see him swallowing, speaking, walking and not using a tracheostomy tube one week post-surgery was a huge victory," Hammer said.

"It was weird to hear my own voice," Murry

said. "I just made a sound and everyone there cheered. My grandfather made me try to say my ABCs."

Murry will be on a soft food diet of chicken noodle soup, baked beans and ramen noodles while he recovers with the Wounded Warrior Battalion.

"I really look forward to getting back into a healthy mindset of working out, running and bodybuilding," he said.

Murry will continue to have checkups until his final prosthesis is installed, and then he'll be able to resume life as normal and eat solid foods.

News Notes

JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for Thursday at 1 p.m. with host Joint Base Commander Col. David Bowling.

Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at usarmy.jbmhh.asa.list.pao-all@mail.mil.

Stay cool at work

Heat illness is a threat to individual health and to military operational success. Leaders must continually be aware of the condition of their Soldiers and be especially alert for signs and symptoms of heat illness. Remember to beat the heat and stay cool.

To learn about heat illness prevention and sun safety, visit the Army Public Health Center online at <http://spr.ly/6181ynq6x>.

For additional from the CDC, visit <https://www.cdc.gov/disasters/extreme-heat/index.html>.

Hydrate at ANC

Arlington National Cemetery encourages all visitors to hydrate for their safety. Bring a water bottle; there are water fountains in the welcome center and throughout the cemetery. Shaded areas can be found near Arlington House, near Memorial Amphitheater and in the Columbarium Courts. If an individual needs medical attention, call 911.

McNair parking advisory

Effective through July 30, 2022, the Fort McNair Fitness Center parking lot to the west of the front entrance will be closed for use as a temporary construction staging area. The parking lot to the north of the gym will remain open, and the existing ADA spaces west of the gym will be relocated to the Lincoln Hall parking lot to the south of the gym. The western parking lot will be utilized by Ritz Construction, the construction contractor currently completing renovations of NCO Duplexes 23-27. This project will provide 10 modernized housing units for Army Families.

DFMWR news

Please know that only the 50-yard pool at the DFMWR Pool Complex is open at this time, with expanded capacity. The 25-meter pool will be closed for the rest of the season due to damage sustained during extreme weather. The children's wading pool is open. The pool complex has reopened the showers, bathrooms and changing locations to full capacity.

The Myer and McNair Fitness Centers are reopening to 100% capacity, with unrestricted use of showers, locker rooms and water fountains.

From today until July 26, the Fort McNair Fitness Center offers open registration for 24/7 access, between 5 a.m. and 10 a.m., weekdays.

The library has re-opened to patrons for use at 100% capacity.

The bowling center is also open at 100% capacity, with all lanes, tables and indoor dining available.

Patton Hall Catering has expanded to 100% capacity in all rooms.

Commissary early bird hours, Click2Go

The Commissary has begun early bird services every day. The Commissary hours are now Monday to Friday from 7 a.m. to 7:30 p.m., Saturday 7 a.m. to 6:30 p.m. and Sunday 7 a.m. to 6 p.m. This week the commissary said hello to Commissary CLICK2GO, an online shopping and curbside pickup service individuals can access from their mobile devices. For full details, visit <https://www.commissaries.com/shopping/click-2-go>. For additional information on the Fort Myer Commissary, visit the Commissary official website at <https://www.commissaries.com/shopping/store-locations/>.

New hours for USO MilFam

The USO continues to support Soldiers, Families, retirees and the joint base community through its MilFam Market, taking place the third Thursday of every month.

Those with base access can continue to pick up nonperishable goods in the Tri Services parking lot across from the community center during the event. Due to the warmer summer weather, the event is now held earlier, from 10:30 to noon. Note that USO may ask voluntary basic demographic questions in order to ensure they know how much food to order for the next month's market.

Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money to get a COVID-19 vaccine certificate or passport.

Run with the Marines

The 2021 Marine Corps Marathon Weekend will be held live and in-person Oct. 29 to 31 in Arlington, Virginia, and the nation's capital. The 2021 MCM weekend includes the live 46th MCM, MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. If available, general entries to the live event are available online. Please follow the MCM website at marinemarathon.com and social media channels for updates. All questions may be directed to MCMCustomerService@usmc-mccs.org.

Check on your buddies

You are not alone. Everyone with PTSD needs to know that treatments work and can lead to a better quality of life. Take time today to learn the symptoms and how to help. If you need help right now, please call (800) 273-8255.

For more information, visit <https://go.usa.gov/x6wRP>.

Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

Drive through services discontinued

The Andrew Rader Pharmacy has discontinued drive through services and has returned to indoor operation. Pharmacy hours of operation remain the same, Monday through Friday from 7:30 a.m. to 3:30 p.m. The entrance to the pharmacy is accessible through the side pharmacy or front clinic doors.

Civilian leave assist

JBM-HH Directorate of Emergency services employees Danpats Mwesigwa and Brian Sutton, Directorate of Public Works employees Huey Vample, Wanda Scott and Lisa Barnes have been approved to receive leave under the Volunteer Leave Program. Department of the Army civilian employ-

ees who would like to donate annual leave can fill out form OP-M630a, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Within Agency)," at www.opm.gov/forms/pdf_fill/opm630a.pdf.

For federal government civilian employees outside the Department of the Army who would like to donate annual leave, please complete form OPM 630b, "Request to Donate Annual Leave to Leave Recipient Under the Voluntary Leave Transfer Program (Outside Agency)," at www.opm.gov/forms/pdf_fill/opm630b.pdf. Please be sure to populate the form with the recipient's name specifically. Send completed form to Maribel Rodriguez at maribel.rodriguez.civ@mail.mil.

Army Emergency Relief

Army Emergency Relief is an invaluable resource for Soldiers and Families. Financial help is given in the form of an interest-free loan, grant, or combination of the two.

If a Family has a financial need, the Soldier should call Trina Reliford at (703) 696-8435. AER is open Monday through Friday from 7:30 a.m. to 4 p.m. Please note that documentation is required to justify the dollar amount for loans.

Clinic answers COVID-19 questions

Rader Clinic has developed a public service announcement to address all the frequently asked questions about the COVID-19 vaccine being administered by the clinic. Please take a moment to view this important video, where a person can meet the Rader Health Clinic team and educate him or her about the vaccine to protect loved ones and the community. Please access the following link to view the video at <https://www.facebook.com/jbmhh/videos/861733764381647>.

See something, say something

iSALUTE is an Army counterintelligence reporting program to prevent espionage, sabotage, subversion and international terrorism. iSALUTE seeks Armywide community support to report threat incidents, behavioral indicators, and counterintelligence matters that are potential indicators of espionage, terrorist-associated insider threat and extremist activity. Visit the iSALUTE website at <https://www.inscom.army.mil/isalute>.

iWATCH Army is a community program to help protect Army communities from terrorist activities. Any member of the Army community can report behaviors and activities that make them feel uncomfortable and do not look right (suspicious behaviors). iWATCH Army is a program and partnership between the community and the local Military Police/law enforcement. Visit the iWATCH Army website at <https://iwatcharmy.org/index.html>.